**WELCOME TO THE T.N.T TEAM**

**WE ARE SUPER EXCITED TO ANNOUNCE YOUR ATHLETE HAS MADE IT TO THE NEXT STEP CLOSER TO COMPETITIVE TEAM. WE WELCOME YOU AND YOUR ATHLETE TO THIS AMAZING OPPORTUNITY.**

**General Information:**

**Daily proper workout attire: please make sure your gymnast comes to practice with hair up, a leotard and athletic shorts if needed.**

**YOUR GYMNAST WORKOUT DAYS WILL BE:**

**MONDAY, TUESDAY & THURSDAY**

**4:30PM – 6:30PM**

**EFFECTIVE MAY 15TH**

**MONTHLY TUITION: $ 210.00**

* Each gymnast is taught at their own ability. No gymnast will be pushed beyond what they are ready for
* It is important for each gymnast to be at practice unless they are sick, School function, or family emergency because practice creates consistency, keeps them safe and helps them process through the sport correctly.
* Once your athlete has missed 3 consecutive practices, we will reach out via email to check on them. Attendance will be taken every day at the beginning of each practice.
* Gymnastics is a sport that does not have an off- season. We know summer is coming up and family vacations happen so please notify us when you will be out for a period. Also remember the less time your child is in the gym the more likely their growth in the sport will be negatively affected.
* practice will be 2 hours long where the girls will do a competitive team warm-up, basics, then 3 events. Each event will have conditioning and drills in it to help with the athlete’s strength. Conditioning is not a punishment in no means, but is required because your gymnast is holding their body weight up by their arms and hands, so strength is required to keep them safe
* Team coaches have workouts that are posted in the gym that have been designed by the head coach to ensure all girls have consistency, proper drills, and proper progression through each skill. Building a strong foundation is the most important aspect of this group
* This workout may seem a little slow at first because coaches will focus on the fundamentals of gymnastics to ensure all the proper shapes, form and mindset is being developed correctly. Once gymnast have developed the basics coaches will expand to building skills.
* Always remember the coaches can provide all the tools needed to make your gymnast good. But in the end, it is up to your gymnast how good they want to be because the team coaches cannot make your gymnast squeeze their legs, point their toes, or even continue to do the station work correctly without the coach standing directly over them.
* Your competitive team coaches: Coach Courtney {Head Coach}, Coach Betsy, Coach Dez, Coach Becca, Coach Beth, Coach Hallie, Coach Emily & Coach Sam.
* This year is the time to get a feel for competitive team workouts and commitment. Your gymnast will attend our harvest classic on November 11th- 12th {specific date your athlete will compete will be determined at a later time} with real judges to get the feel of what a competition is like.
* We will also hold a mini state meet for them at our gym in May. {Date to be determined}
* After this year your gymnast will join the competitive team to either compete in our USAG xcel program or USAG compulsory.

**Competitive team practice Leotard**

In May you will have a chance to purchase the competitive team practice Leo at the price of $ 45.00. It is a custom design that is only for members of the competitive. Below is the sketch of Leo and an order form is at the end of document



**TNT COMPETITIONS**

THE HARVEST CUP -NOVEMBER 18TH – 19TH @ ELEMENT GYMNASTICS

{exact date and time to be determined}

THE LILY CUP – APRIL 27TH @ ELEMENT GYMNASTICS

{exact time to be determined}

**ELEMENT**

**POLICIES & PROCEDURES CONTRACT**

**General Gym Policies**

* Only athletes registered with Element Gymnastics and Sports Center are allowed in the designated practice area during normal gym operations.  All others must remain in the parent area.
* Any person that disrupts a tumbling class, practice, or other gym sponsored event will be asked to leave.
* Athletes are responsible for cleaning up all trash items and disposing of them properly.
* Element Gymnastics and Sports Center cannot be held liable for any lost, stolen, or damaged items.  Any lost items will be placed in the lost and found and donated of on a bi- weekly basis.

**Placement Policies**

* Element Gymnastics and Sports Center holds the right to:
	+ Place athletes where they see fit.
	+ Ask for a re-evaluation of any skills performed during the team placement process.
	+ Add or remove team members for any violations to the gym procedures.
	+ Add or remove team members due to skill changes, injury, attendance issues etc.

**Practice / Class Procedures**

* All practices are MANDATORY during the Season.
* All jewelry, bracelets and watches should be removed prior to practice.
* Athletes should be dressed in the designated practice attire.
* If an emergency occurs, the coaches should be notified asap.
* If an athlete should be absent from practice due to a school event, vacation, etc. the coaches should be notified prior to coordinate practice.

**Communication Policy**

* Parents and Athletes must stay up to date with all information that

provided by the Element Coaches.

* Parents are responsible for checking emails, text messages, as it is your responsibility to stay informed.
* Discussions with the coach may only involve YOUR CHILD, not the placement or skills of other athletes.
* A parent communication board will be located on the wall near the concession for all additional or current information.
* All communication should follow the chain of command.
	+ Head Coach
	+ Gym owner

**Parent & Athlete Conduct**

* The gym viewing areas are a privilege.  Please respect the athletes and staff by refraining from negative remarks in the viewing area.
* If parents become a distraction to the team, they will be asked to leave the gym for the remainder of the practice.

Parents are to always encourage other athletes.  Negative criticism, yelling, and other demanding conduct with any athlete is strictly prohibited.

* Gossiping, bad mouthing, or negative remarks to parents or to the organization is subject to disciplinary action and possible dismissal.
* Physical altercations of any kind WILL result in removal from the program.  No refunds will be given, and all financial obligations will be enforced.
* At competitions, parents are to act responsibly.  Dismissing or celebration of defeat of another athlete, foul language, or disrespect to staff or other parents is strictly prohibited.
* Parents may not disrespect or use demeaning language toward any member of the coaching staff.  Failure to comply with this provision may result in being banned from entering the gym / dismissal from the program.
* Parents, relative friends, etc. are not allowed to approach a coach with disrespectful comments.  If there is an issue with a coach, please send an email to schedule a private meeting.
* Posting videos from practices or events of a child other than your own without permission from parent / child are not allowed.

**Injury Policy**

* Every athlete must provide Element Gymnastics and Sports Center with accurate emergency contact information and up to date medical insurance.
* In the event of an injury, the primary emergency contact will be called.  In emergencies, paramedics will be called.
* Athletes who sustain injuries outside of Element Gymnastics and Sports Center events or practices must provide a written note, or they will be required to practice.
* Athletes must be cleared by a doctor for major injuries before returning to practices.

**New practice time will be effective on May 15th.**

Parent Signature Date

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